

Parkway Winter Swim Lessons

385 Park Way, Chula Vista 91910 ● (619) 409-1985





Office open weekdays 9-11am, 3-7pm, & during scheduled programs. You may also register online or at any Chula Vista Recreation Center.

Weekdays



Winter 1	February 24-March 5	Monday—Thursday	2 weeks
Winter 2	March 9-March 19	Monday—Thursday	2 weeks
Winter 3	<u> </u>	Monday—Thursday No Class March 31. Make-up April 3	2 weeks



Saturdays

Winter A February 29-March 21 Sat	urdays	4 weeks
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Class Name	Season & #	Time 30 mins/day	Days	Total Classes	Fee
Parent and Tot Swim Lessons Ages: 6mo - 3yrs* *Swim diaper is required	Winter 3	10:50-11:20am	Monday -Thursday	8	\$36 resident / \$45 non-res
Toddler Swim Lessons Ages: 2-3 yrs* *Swim diaper is required	Winter 3	10:50-11:20am	Monday -Thursday	8	\$36 resident / \$45 non-res
Preschool	Winter 1, 2, 3	3:25-3:55pm	Monday -Thursday	8	\$36 resident / \$45 non-res
Swim Lessons Ages: 4-5yrs* *Swim diaper is required for	Winter 1, 2, 3	4:35-5:05pm	Monday -Thursday	8	\$36 resident / \$45 non-res
children who are not potty trained	Winter 3	9:40-10:10am	Monday -Thursday	8	\$36 resident / \$45 non-res
Youth	Winter 1, 2, 3	4:00-4:30pm	Monday -Thursday	8	\$36 resident / \$45 non-res
Swim Lessons Ages: 6-14 yrs	Winter 1, 2, 3	5:10-5:40pm	Monday -Thursday	8	\$36 resident / \$45 non-res
Beginning through advanced levels. Students are tested and separated	Winter 3	10:15-10:45am	Monday -Thursday	8	\$36 resident / \$45 non-res
the first day of class.	Winter 3	11:25-11:55am	Monday -Thursday	8	\$36 resident / \$45 non-res
Advanced Youth Swim Lessons Ages: 6-15 yrs Must be able to swim 25 yds. Crawl & backstroke	Winter 1,2,3	5:45-6:15pm	Monday -Thursday	8	\$40 resident / \$50 non-res
Adult	Winter 1, 2, 3	5:45-6:15pm	Monday-Thursday	8	\$40 resident / \$50 non-res
Swim Lessons Ages: 15+ yrs	Winter A Saturdays	10:05-10:35am	Saturdays	4	\$20 resident / \$25 non-res
Private Swim Lessons Ages: *2yrs -Adult	Winter 1, 2, 3	3:25, 4:00, 4:35, 5:10, or 5:45pm	Monday & Wednesdays	4	\$80 resident / \$100 non-res
*Swim diaper is required for all children under the age of 4 regardless of potty training	Winter A , Saturdays	10:05, 10:40, 11:15, 11:50am	Saturdays	4	\$80 resident / \$100 non-res



Parkway Aquatic Center

385 Park Way, 91910 ● (619) 409-1985 ● http://www.chulavistaca.gov/goto/swim



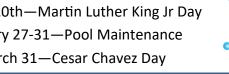
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*Adult Lap Swim (18+)

Monday-Friday: 9-11am



Fees

Adult (18-54): \$4/swim, \$30/10 swims, \$75/30 swims Senior (55+): \$3/swim, \$20/10 swims, \$55/30 swims

Passes also good at Loma Verde Pool All Passes expire 6 months from purchase date



*Open Recreation Swim (All ages)

March 23- April 4 (Spring Break):

Tuesday, Thursday, & Saturday: 12:30 - 3pm

Fees:



Adult (18-54): \$4/swim, \$30/10 swims, \$75/30 swims Senior (55+): \$3/swim, \$20/10 swims, \$55/30 swims Child (4-17): \$2/swim, \$15/10 swims, \$35/30 swims *Children under 4 are FREE and must wear a swim diaper Passes also good at Loma Verde Pool All Passes expire 6 months from purchase date

FREE! Agua Fun to be Fit (9-14 yrs)



Spring Break: March 24-April 2

Tuesday & Thursdays 12:30-1:15pm, 1:20-2:05pm, or 2:10-2:55pm

This class is part of the award winning Fun to Be Fit Program that is offered exclusively for Chula Vista Residents. Students will learn to exercise and have fun in the water. This class is funded by a grant from Kaiser. Must be able to swim 15 yards

*Water Fitness (18+)

Monday—Friday 9:30am-10:30am

Instructor led class provides cardio, strength training, ab workout, & stretching all to upbeat music.

Class conducted in shallow water.



Fees

Drop in (all ages): \$4.00



10 class pass: \$30 Senior/\$35 Adult 20 class pass: \$50 senior/\$60 Adult Passes also good for Loma Verde Classes

All Passes expire 6 months from purchase date



Lifeguard Training (15+) January 2-14th



Course includes all certifications necessary to apply for a job as a City of Chula Vista pool lifeguard. Starting pay is \$13.82/hour. Certs included: Lifeguarding, CPR for the Professional Rescuer, AED Essentials, Title 22: First Aid for Public Safety Personnel.

Pre-test on first day:

- 300 yard continuous swim, crawl or breaststroke
- Tread water for 2 minutes using legs only.
- Timed 10 pound brick retrieval from 12 ft. water depth. (1 minute, 40 seconds)

Fees: \$200 Non-refundable

For Scholarship info email kcraig@chulavistaca.gov Books downloadable at www.redcross.org/participantmaterials Must pass pre-test in order to continue with the course. Ensure you can pass the pre-test before registering as fees are non-refundable. Attendance at all class times is mandatory. Passing this course does not guarantee a job with the City of Chula Vista.